Eat with the Katambara Family
Meal Plan

Please note: Ingredients that are difficult to find can be substituted. Please see 'Eat with me recipes' for further information.

Monday

Breakfast - Bota with peanut butter or jam

Lunch - Vegetable Stew with Sadza and leafy Zimbabwe greens

Dinner - Bean Stew with Sadza and leafy Zimbabwe greens

Tuesday

Breakfast - Bota with peanut butter or jam

Lunch - Vegetable Stew with Sadza and leafy Zimbabwe greens

Dinner - Bean Stew with Sadza and leafy Zimbabwe greens

Wednesday

Breakfast - Bota with peanut butter or jam

Lunch- Vegetable Stew with Sadza and leafy Zimbabwe greens

Dinner- Dovi with spinach and rice

Thursday

Breakfast - Bota with peanut butter or jam

Lunch - Vegetable Stew with Sadza and leafy Zimbabwe greens

Dinner - Dovi with spinach and rice

Friday

Breakfast- Bota with peanut butter or jam

Lunch - Vegetable Stew with Sadza and leafy Zimbabwe greens

Dinner - Meat Stew with Sadza and leafy Zimbabwe greens

SHOPPING LIST

To make sure your week runs as smoothly as possible we recommend buying everything you need the week before. Here's a shopping list of everything you need to take part in 'Eat With Me'.

Some of the more unusual ingredients are available from Natco Foods, or please also feel free to use the substitutes included in the list below.

300g maize meal or cornflour

Salt & pepper

Oil for frying

2 tbs butter

2 jars creamy peanut butter

850g white cornmeal (Available from Natco Foods or can be substituted with polenta)

6 onions

1 Garlic

8 carrots

1 red pepper, 2 yellow peppers, 6 green peppers

200g green beans

6 tins of chopped tomatoes

6 chillies

½ teaspoon cayenne pepper (Available from Natco Foods)

10 tomatoes

600 grams fresh spinach

1 tin sugar beans (can use kidney beans in water available from Natco Foods)

3 beef stock cubes

2 tbs tomato paste

1 tsp curry powder (available from Natco Foods)

600g beef

1 papaya

800 grams granulated sugar (for Mapopo candy)

Lemon peel

½ teaspoon mint

2 tbsp gravy powder